



S.A.L.T. Holiday Dessert Social

Join us for the annual S.A.L.T. Holiday Dessert Social on December 8th at 11 a.m. Columbia Ridge Senior Living is providing a delicious assortment of desserts and fruit. Come visit with other seniors and law enforcement and enjoy some holiday music. All seniors in Clark County are welcome!

Monday, December 8, 11 a.m.

Camas Police Department
Community Room
2100 NE 3rd Ave.
Camas, WA 98607

Directions to Camas Police

- Go east on Hwy 14
- Take the WA-14 BUSINESS LOOP exit, EXIT 12, toward CAMAS
- Take the ramp toward CAMAS
- Stay STRAIGHT to go onto NW 6TH AVE.
- Turn RIGHT onto NE ADAMS ST.
- Turn LEFT onto NE 3RD AVE.
- 2100 NE 3RD AVE is on the RIGHT

To receive the *free* monthly S.A.L.T. Times Newsletter, call 397-2211 ext. 3380 or send an e-mail to: sheriffcommunityoutreach@clark.wa.gov. **For other formats:** Clark County ADA Office, **Voice** (360) 397-2000, **Relay** (800) 833-6384, **E-mail** ADA@clark.wa.gov



Seniors And Law Enforcement Together

S.A.L.T. TIMES

December 2014

A TRUE STORY ABOUT PORCH PACKAGE THEFT: AND HOLIDAY SAFETY TIPS

A recent arrest in Beaverton related to porch package theft was a gentle reminder that it's time to be talking about holiday safety. As a matter of fact, with the increase in online shopping it makes perfect sense to cover the topic since more purchases are ending up on door steps.



In the October incident, the suspect saw a package being delivered to a central Beaverton home. The homeowner caught the suspect in the act of taking the package and stuffing it into the trunk of the suspect auto. The homeowner followed the suspect long enough to get a license plate number and observe the cars occupants throw mail out of the window. The plate led authorities to a Beaverton home and eventually to a local hotel where the package was discovered and the suspect arrested.

According to detectives who conducted follow- up on the case the suspects actions were guided by a drug addiction which is very often the case with people who commit such crimes. That connection alone can make the perpetrators a scary bunch of people to deal with.

So, what do you do? Packages need to be delivered.

- First, check with your carrier to see if the delivery can be made during the time you are home. If you work during the daytime consider having the package delivered there.
- Check with a trusted neighbor who works out of the home and/or is a stay at home parent to see if they would be willing to accept packages on your behalf.
- Purchase space at a mail drop service where delivered packages are supervised. Alert a close neighbor and have them periodically check for the delivery.

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Seniors and Law Enforcement Together
Clark County Sheriff's Office
P.O. Box 410
Vancouver, WA 98666



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S.A.L.T. Holiday Dessert
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Keep a Spring in Your Step During Cold & Flu Season



It's that time of year: sniffing and muffled coughs are a frequent background noise at work and at home. Here are some surprising tips to help keep your immune system strong and robust during cold season:

- **Get enough ZZZs.** Researchers at the University of Chicago found that men who slept only four hours a night for one week produced half the amount of flu-fighting antibodies in their blood (jump-started by a flu shot) compared with those who slept 7½ to 8½ hours. Most adults need between 7 and 9 hours of uninterrupted rest per night.
- **Find go-to, helpful stress relievers that work for you.** Chronic stress takes a toll on many aspects of your health, including immunity. Periods of extreme stress can result in a lower natural killer cell count, sluggish killer T cells, and diminished macrophage activity that can amplify the immune response. Learn to unwind and recover from stress. Take time to think about what works for you and begin to incorporate your favorite, healthy stress busters into your life.
- **Bring your own pen.** Cold and flu germs are easily passed through hand-to-hand contact, so any way you can avoid touching public objects - such as the communal pen at the bank - will cut your risk.
- **Walk a while.** One in four American women

doesn't exercise at all - and that's an easy way to set yourself up for sickness. Experts say that it takes 30 minutes of aerobic exercise - a brisk walk counts - to sweep white blood cells back into circulation, making your immune system run more smoothly.

- **Eat fresh, eat whole.** Because 70 percent of the cells that make up the body's immune system are found in the wall of the gut, what we eat also may affect the body's immune response. Eating whole foods instead of refined or processed foods is good for everyone. Especially when you want a hardy immune system.
- **Laughter is the best medicine!** Researchers have found that the positive emotions associated with laughter decrease stress hormones and increase certain immune cells while activating others. So go watch your favorite comedies, have lunch with a pal known for her funny bone, and read those silly forwards from friends before you auto-click "delete." Time invested in boosting your immune system during cold and flu season can help you avoid time spent with the thermometer and the Kleenex box. Here's to your wellness!

Article by Robin Rose, www.robinrose.com

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Stolen packages are not the only crime to be on your radar but it seems to be a popular trend lately.

If you're shopping:

- Stay alert and be aware of what's going on around you.
- Take time parking your car looking for well lighted areas as close to the main doors as you can find.
- Avoid flashing large amounts of cash. Using plastic may make you less of a physical target for opportunistic criminals.
- Don't overburden yourself with packages that limit your visibility or ability to move freely in an emergency situation.
- If you are using plastic (credit cards) make sure you check your statements frequently

to ensure purchases noted are correct and you haven't become an identity theft victim. Experts also suggest that you are "better protected" using a credit card versus a debit card.

Awareness, not falling victim to scams, target hardening and ID protection are some of the keys to not becoming a crime victim.

Source: Beaverton Police Dept.

Be Prepared to Stay Safe and Healthy in Winter

ALTHOUGH WINTER COMES AS NO SURPRISE, MANY OF US ARE NOT READY FOR ITS ARRIVAL. IF YOU ARE PREPARED FOR THE HAZARDS OF WINTER, YOU WILL BE MORE LIKELY TO STAY SAFE AND HEALTHY WHEN TEMPERATURES START TO FALL.

Take these steps for your home

Many people prefer to remain indoors in the winter, but staying inside is no guarantee of safety. Take these steps to keep your home safe and warm during the winter months.

- **Winterize your home.**
 - Install weather stripping, insulation, and storm windows.
 - Insulate water lines that run along exterior walls.
 - Clean out gutters and repair roof leaks.
- **Check your heating systems.**
 - Have your heating system serviced professionally to make sure that it is clean, working properly and ventilated to the outside.
 - Inspect and clean fireplaces and chimneys.
 - Install a smoke detector. Test batteries monthly.
 - Have a safe alternate heating source and alternate fuels available.
 - Prevent carbon monoxide (CO) emergencies.
 - Install a CO detector to alert



you of the presence of the deadly, odorless, colorless gas. Check batteries regularly.

- Learn symptoms of CO poisoning: headaches, nausea, and disorientation.

Equip in advance for emergencies

When planning travel, be aware of current and forecast weather conditions.

- Be prepared for weather-related emergencies, including power outages.
 - Stock food that needs no cooking or refrigeration and water stored in clean containers.
 - Ensure that your cell phone is fully charged.
- When planning travel, be aware of current and forecast weather conditions.
- Keep an up-to-date emergency kit, including: Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamps; extra batteries; first-aid kit and extra medicine; baby items; and cat litter or sand for icy walkways.

Take these precautions outdoors

Work slowly when doing outside chores.

Many people spend time outdoors in the winter working, traveling, or enjoying winter sports. Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare for them:

- Wear appropriate outdoor clothing: layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Sprinkle cat litter or sand on icy patches.
- Learn safety precautions to follow when outdoors.
 - Be aware of the wind chill factor.
 - Work slowly when doing outside chores.
 - Take a buddy and an emergency kit when you are participating in outdoor recreation.
 - Carry a cell phone

Above all, be prepared to check on family and neighbors who are especially at risk from cold weather hazards: young children, older adults, and the chronically ill. If you have pets, bring them inside. If you cannot bring them inside, provide adequate, warm shelter and unfrozen water to drink.

Source: CDC.gov